

## ABSTRACT OF THE DISCLOSURE

A method for recording and erasure of images using a rewritable thermal label of the non-contact type which enables complete elimination of residual images after the erasure and repeated rewriting. The absorptivity of laser light used for the recording with the surface of the label is 50% or greater, the laser light irradiating the surface of the label for the recording has a wavelength of 700 to 1,500 nm and an amount of energy of irradiation of 5.0 to 15.0 mJ/mm<sup>2</sup>, the product of the amount of energy of irradiation of the laser light and the absorptivity of the laser light during the recording is 3.0 to 14.0 mJ/mm<sup>2</sup>, and the product of the amount of energy of irradiation of the laser light and the absorptivity of the laser light with the surface of the label during the erasure is 1.1 to 3.0 times as great as the corresponding product during the recording.